

# Applesauce at Queen Victoria Elementary

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We are big fans of apples at Project CHEF, especially the ones that grow right here in British Columbia. In October, we head out to the UBC Apple Festival and load up with as many types of apples as we can roll home in our trolley. We try to introduce the young chefs to some varieties that they may not have tried and apples with some pretty interesting names. Cox's Orange Pippin, Northern Spy and Belle de Boskoop; the stranger the name, the more intriguing they are to taste.

Every week we use at least 4-5 different varieties in our fruit salad, applesauce and in a tasty salad that we make with the primary grade cooks. Some of our favourite apples are Ambrosia, Honeycrisp, Gravenstein, Gala, Pink Lady, Fuji, Braeburn, Jonagold and the list goes on. We even had the chance to try the new Salish apple this fall that was twenty five years in the making and really quite beautiful, crunchy and juicy too.



Most weeks for breakfast day we make a hodgepodge porridge and a big batch of B.C. chunky applesauce to go on top. It is always a huge hit with our chefs. The delightful smell of apples and cinnamon fills the school hallways and draws people into the Project CHEF kitchen to see what we are cooking.

We had a wonderful time cooking at Queen Victoria Elementary a few weeks ago and wanted to share some great photos of our young chefs in action, as well as our favourite applesauce recipe. A big thank you to Laura Krutz, one of the parents, for capturing these great photos.





Making applesauce allows our chefs to practice many of their cooking skills including: coring, cutting, measuring, stirring and cooking on a stove top.







These cold grey days of winter are the perfect time to cook up a batch of applesauce to put on your porridge in the morning or to have in the fridge for a quick snack or even dessert.

There is nothing quite like the smell of apples and cinnamon to warm the heart and the soul.

Bon Appetit!



## **Chunky Applesauce**

*A serving of fruit in Canada's Food Guide is 1 fruit or 1/2 cup*

Yield: about 2 cups

Preparation Time: about 20 minutes

Cooking time: about 25 minutes

### Ingredients:

- 3 or 4 good-sized apples (any kind and local if possible)
- 1/3 cup water
- juice of 1/2 lemon
- 1/4 cup sugar, honey or maple syrup (or less, depending on the apples)
- 1/2 tsp. ground cinnamon

### Equipment:

- Melon- baller
  - small, sharp knife
  - cutting board
  - medium-sized pot with lid
  - wooden spoon
  - juicer or reamer
  - measuring cups and spoons
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### Method:

1. Wash and dry the **apples**. (Optional: Peel the apples by peeling away from your body.)
2. Cut the **apples** in half from stem to base. Use a melon-baller to remove the cores.
3. Place the apple halves flat on the cutting board and cut each half in half again. Cut each piece into bite-sized pieces. Place the apple chunks into a pot.
4. Add 1/3 cup of **water**.
5. Juice 1/2 **lemon** using a juicer or reamer and add to the pot.
6. Add the **sugar** and **cinnamon**. Give it all a stir with a wooden spoon.
7. Place on the stove-top and turn on the heat to medium-high. Stir frequently with a wooden spoon until it comes to a boil.
8. Reduce the heat to medium-low. Cover and simmer, stirring every couple of minutes. Cook until the apples become very soft and start to break apart, about 10 minutes.
9. Turn off the stove and remove from the heat. Stir to help cool the apple sauce then pour into a bowl or storage container. Let cool then store in the fridge for up to one week.

### Tasty tips:

- Try different ingredients with your applesauce. Add raisins or dried cranberries. Try adding a little finely grated fresh ginger. If rhubarb is in season, add some chopped up fresh rhubarb and a little more sugar. Serve with yogurt and/or granola. Pack some in your lunch!
- Leave the peel on for extra texture, nutrition and fibre. Red skinned apples also add a rosy glow to your applesauce.